

A message from your Wellness Committee:

Protect yourself: Wellness wants to recognize and acknowledge the difficult time we are moving through as a society. Growth and radical change are never easy; often it is painful and emotionally exhausting. Many are moving through traumatic and personally scary times. Please take time to value your healing and space. Wellness reps are always here to support you.

We also want to encourage our peers who are challenging themselves to learn more about the need for change by checking out these [resources](#).

Feeling overwhelmed by or too busy for activism? [This resource](#) might be quite helpful.

Please visit the [Wellness Committee webpage](#) for resources or to find your class representatives.